

Resources, Research, and Supporting Information

The following list contains research articles and/or other publications related to Recess Before Lunch.

1. White, Patrick. Reverse Order. School Food Service and Nutrition. August 2003. v. 57 (7) p. 36-42.
2. Montana Team Nutrition Recess Before Lunch Pilot Project Summary-Plate Waste Results, April 2002-May 2003. (See Section 5)
3. Getlinger, M.J., et al; Food Waste is Reduced When Elementary-School Children Have Recess Before Lunch. Journal of the American Dietetic Association. Sept 1996.v.96 (9) p. 906-908.
4. Read, M.H. & Moosburner, N. The scheduling of recess and the effect on plate waste at the elementary school level. School foodservice research review. 1985. v. 9 (1) p. 40-44.
5. Smith, Thomas R. Play First, Eat Last! School foodservice Journal. Nov/Dec 1980. v. 34 (10) p. 54-55.
6. Ruppenthal, Brian. Playgrounds and Platewaste Revisited. School Foodservice Journal 32 (7): 145, 147 July/August 1978.
7. Sellers, Jim. Found: A Neat Little Way to Improve Lunchtime Discipline. American School Board Journal 165 (7): 29 July 1978
8. Reams, Bennie P. A Participative Management Approach to the Revision and Implementation of a Lunch School in an Urban Elementary School. ERUC #ED206110 Pub Date: March 80
9. Reston, Va. Lunchtime revisited. Recess-first pilot schedule at Bandelier School, Albuquerque, N.M. v. 78 No 1 (September 1998) p. 55-57. ISSN:0271-6062
10. GAO report: School Lunch Program: Cafeteria Managers' views on Food Wasted by Students. RCED-96-191, July 18, 1996 (44 pages). Available on GAO website at www.gao.gov

